

"flight to reality", away from the worst terrors of phantasy. The dangers feared from the coming of the new baby (such as loss of the mother's love), are all of them allayed by the real presence of the baby, and the real behaviour of the mother in this situation.

It will readily be seen that these two modes of allaying anxiety, the "flight to phantasy" and the "flight to reality", both normally play a considerable part in the normal development of children—their make-believe play, on the one hand, and their normal development in skill and understanding on the other.

Another general mechanism for dealing with deep anxieties, not unrelated to the "flight to reality", is that of "making good", restoring, giving back, re-creating, what has in phantasy been taken from the parents or rivals. These tendencies are often collectively referred to in analytic work as *tendencies to restitution*. They are of the utmost importance in the normal development of ordinary children, who do succeed in learning to adapt to the real world, and becoming co-operative and helpful in social life.

In origin they are highly complex. They are largely a reaction to those primary wishes *to take*, connected with the biting phase of oral sexuality which themselves are inevitable in early mental life. The child has to take (food and love and his mother's time and labour) in order to live. Later on, the primary wish becomes extended into a desire to get for oneself everything that is good in the mother, her breast, her body, her love, her babies, the love the father gives to her. And if circumstances should stir defiance and aggression in connection with this wish, it will then give rise to the utmost anxiety of having everything taken from oneself, and thus being utterly destroyed. Not only so, it will then carry

with it the dread of destroying the source of  
good by the act  
of taking—eating up, exhausting, the mother  
from whom all  
good comes (or later on the father, when he too  
becomes a  
source of good).

Many children meet this situation by building  
up the hope of  
giving back, of making better, returning to the  
mother (or the  
father) what has been taken, so as to make her  
better again, and  
thus make oneself better again. The sexual  
expression of  
this is a normal constituent in the later  
development of the  
boy, and a normal element in the sexuality of  
the adult male,